

Northwest Highlands

Including Sutherland, Ben Wyvis, Wester Ross, The Cuillin, Glen Affric, Glen Shiel and Knoydart
Forecast valid from 06:00 on Sunday 17 Jul 2022 until 23:59 on Monday 18 Jul 2022

Forecast Issued on Sunday 17 Jul 2022 at 02:12 by Met Office Aberdeen

Confidence: High for mainly dry hot weather from Sunday afternoon until Tuesday. Lower confidence for the timing of thundery breakdown later Tuesday and Wednesday but high for cooler fresher conditions from Wednesday.

Headline for Sunday 17 Jul 2022: Cloudy start with occasional rain then brightening up with sunny spells. A warmer day, becoming very warm at lower elevations.

Mountain weather hazards on Sunday 17 Jul 2022

Blizzards
No Likelihood

Heavy persistent snow
No Likelihood

Storm force winds
No Likelihood

Gales
No Likelihood

Severe chill effect
No Likelihood

Poor visibility
Low Likelihood

Thunderstorms
No Likelihood

Heavy persistent rain
No Likelihood

Strong sunlight
High Likelihood

Weather and chance of precipitation at 800m					
Time					
06:00	09:00	12:00	15:00	18:00	21:00
					
Heavy Rain	Fog	Cloudy	Cloudy	Cloudy	Cloudy
Precipitation probability					
50%	20%	<05%	<05%	10%	10%

Forecast for Sunday 17 Jul 2022

Weather: Occasional rain first thing, becoming mainly dry by late-morning with the cloud thinning and breaking during the day to allow bright or hazy sunny interludes to develop. A warmer day with very warm conditions developing at some lower levels in Easter Ross.

Chance of cloud-free hill tops above 800m: 40% rising to 90%

Low cloud and visibility: Areas of cloud at 600-900m in the morning, locally 400m towards the northwest coast with moderate visibility in rain beneath, then cloud lifting and breaking to bring good visibility for the rest of the day. Perhaps still a few patches at 800m in the far northwest.

Forecast for Sunday 17 Jul 2022

Height (m)	Wind Speed mean/gusts (mph)				Wind Direction (blowing from)		
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	30/36 SW	26/33 SW	23/31 SW	20/27 SW	14/19 SW	12/16 S	16/21 S
900	28/34 SW	24/31 SW	22/30 SW	19/26 SW	12/17 SW	9/13 S	14/19 S
600	22/28 SW	17/24 SW	17/25 SW	16/23 SW	10/15 SW	6/9 S	8/13 SW
300	3/25 SW	4/20 SW	7/23 SW	6/19 SW	3/12 SW	1/7 S	1/11 SW
Glen	7/15 SW	5/14 SW	9/18 SW	7/14 SW	4/8 W	1/4 W	2/6 SW

Height (m)	Temperature / Feels Like (°C)						
	06:00	09:00	12:00	15:00	18:00	21:00	00:00
1000	10/5	10/6	11/7	12/8	12/10	12/10	11/8
900	10/6	11/7	12/8	12/9	13/10	12/11	12/9
600	12/8	13/10	14/11	15/12	15/13	14/13	13/12
300	14/14	14/14	17/16	18/18	17/17	15/15	14/15
Glen	16/15	16/16	19/18	20/20	19/19	16/17	16/17
Freezing Level*	2700m	2600m	2800m	2900m	3100m	3200m	3400m

*Level above which ground is expected to be frozen/snow is expected to settle.

Met Office Aberdeen Meteorologist's View

High UV levels and very warm low level conditions, particularly on Monday and Tuesday, mean protection against sunburn and dehydration are essential.

Forecast for Monday 18 Jul 2022

Weather: Dry with unbroken sunshine for much of the day, perhaps some thin high cloud at times. Very warm right up to the summits and hot or very hot at low levels. High sunburn and dehydration risk.

Maximum wind: Southwesterly 20 gusts 30mph becoming southerly later

Chance of cloud-free hill tops above 800m: 100%

Low cloud and visibility: No low cloud, and good visibility

Temperature: **Glens:** 14 Celsius at dawn rising to 26 Celsius in the afternoon, slowly dropping to 18 Celsius by midnight.
At 800m: Plus 14 Celsius rising to 19 Celsius in the afternoon, only falling to 15 Celsius by midnight.
Freezing level: Above summits